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Bangalore Mirror

TEMP Max 29 | Min 19 | Humidity 47% Partly Cloudy Sensex 71,423 | Nifty 21,571 | Gold 61,988 | Silver 71,510 | Dollar 83.10 | Euro 90.51 | GBP 105.70

Telecom service provider digging up Richards Town leaves debris on footpath, labourers squatting in vacant site

HOW NOT TO DIG YOURSELF A CITY

Dumping debris on footpath draws penalty of Rs 5 lakh

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Residents of Richards Town have been facing a lot of problems of late: indiscriminate digging of roads, dumping of sand and construction material on footpaths alongside unhygienic conditions at nearby vacant sites occupied by migrant labourers at work.

The residents alleged the digging of roads is being carried out by a telecom service provider without permission from the Bruhat Bengaluru Mahanagara Palike (BBMP).

They said that dumping of construction material on the footpath is against the norms, but the BBMP authorities remain either apathetic or oblivious to take action against those dumping construction materials on the footpath near Viviani Road.

The BBMP imposed a penalty of Rs 5 lakh for dumping construction material on the road five years ago.

"Sand and jelly dumped on the footpath has become a hurdle for

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"The contractor is digging the roads without permission from the BBMP — Resident

What survey of public toilets found

Survey sheds light on safety concerns of women utilising public toilets

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A survey titled 'The Big Bengaluru Toilet Survey' among 48 toilets across the city has found a number of serious issues in their functioning due to lack of surveillance and maintenance by the municipal body Bruhat Bengaluru Mahanagara Palike (BBMP) and their effect on women users.

Lack of adequate lighting, latches and locks not being installed on doors, users being overcharged and cleaning staff who are men being found in the premises of women toilets are major issues highlighted by the survey.

Conducted by Nguvu Change leader Archana KR, the findings of the survey has thrown light on the safety concerns of women utilising the toilet facilities.

It has found that 75% of the toilets lack functional locks and latches on doors, raising a security risk. Along with this, 66% of the surveyed toilets lacked inadequate lighting, further increasing the security risk of women, especially for those who are required to use the facility during the night. Interestingly, the survey has also found gender-based disparity in user costs, with male users having to pay only Rs 2, while their female counterparts are mandated to pay Rs 5.

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3 THINGS TO DO

01 Classical zone

Get the chance to attend a seven-day concert featuring over 300 classical musicians from Karnataka and other states. The singers will be rendering their respectful homage to Saint Thyagarajaswamy through their soulful performances. Pioneers in the field of classical music will also be honoured with the 'Bharathi Thyagaraja Samman' Award.
Where: Sringeri Shankara Math, Chamrajpet;
When: January 24 to 30

02 Let's discuss

The Indian Institute of Interior Designers Regional Chapter (IIID BRC) is all set to host its fourth design festival in the city. Designuru 4.0 is a week-long bi-annual fest to be conducted with the objective of taking design to the masses. It will witness on each day an array of talks, panel discussions, design installations, exhibits, movies, workshops, and adaptive reuse, curated by leading architecture practices from the city
For more information, log on to: www.iiid.in
Where: Rangoli Metro Boulevard
When: until January 25

03 Jazz notes

Don't miss the chance to enjoy an amazing jazz evening with your family and friends this Friday. The Chronic Blues Circus is performing, which has been known to perform across India, including Delhi, Mumbai, Goa, and Gokarna, among others.
Where: The Drawing Room at Smoke House Deli, 1209, 100 Feet Road, HAL 2nd Stage, Indiranagar
When: Friday, January 26; 8 pm onwards

These sharp edges put soft paws at risk

Animal enthusiasts raise concerns over installation of sharp fencing within Cubbon Park premises; they say dogs often get stuck in fencing and suffer harsh injuries

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Animal lovers raised concerns over the sharp fencing installed at Cubbon Park that has been resulting in many dogs and even people getting injured. The fencing has been there for a long time; however, despite requests from regular walkers, the spiked fencing hasn't been removed, thereby resulting in injuries.

Just a few days ago, a stray dog got stuck in the fencing and was injured by the spike. Kiran Kumar, an animal lover who came forward to rescue the dog, said, "The dog was found around 5:45 am in the morning impaled on the spike, and he sustained an injury to his abdomen. We had to lift him off the spike and take him to the hospital, but he was in shock and passed away. A few months ago, I came across another puppy near the High Court who was injured because of the spiked fencing. The idea of having these spikes is a very bad idea. The Horticulture Department needs to come up with a sensible design."

The regular walkers at Cubbon Park pointed out that when they raised this issue with Bengaluru Smart City Limited (BSCL) during the smart city project at Cubbon Park, they asked them to do something about the sharp edges, either smooth them out or remove them. However, it was not considered. Now not only dogs, but even some citizens have found themselves getting their hands scrapped with the spiked fencing. Recently, a man had his high thighs scarred while passing through the fence.

CJ Memorial Trust followed up on the issue and highlighted the problem to the officials from SPCA. They took some action and wrote to the Horticulture Department and requested that they take immediate action on this and take action to fix the sharp ends in the fencing. The letter was written to the Horticulture Department by Deputy Director (Administration) and Member Secretaries Zilla Prani Daya Sangh SPCA, Bengaluru City District.

Despite requests, the spiked fencing hasn't been removed, thereby resulting in injuries to dogs; in fact, many have died due to injuries

> **"A few months ago, I came across another puppy near High Court who was injured because of the spiked fencing**
> – Kiran Kumar

The incident happened on January 11. Priya Rajagopal from Heritage Beku said, "During the Smart City intervention, this was also brought up again, and the Horticulture Department confirmed it would be implemented. However, it hasn't been done, and we need to formally intervene."

Sunita Kumar from We Love Cubbon Park said that earlier as well, similar incidents had taken place at different locations in Cubbon Park, wherein she rescued about three dogs that got injured with the spiked fencing. "Previously, one dog called Brindle Girl was injured; it happened twice. And her mother, Fatty Ma, was injured once. They had huge tears in their belly and had to be taken to the hospital. They got over 200 stitches and a 3-month stay in the hospital. Another incident was at HOPCOMS where a dog named Spotty was injured. We tried to catch it for 15 days but were unsuccessful, then it ran away from CP or went off to hide and die," she said.

People celebrate consecration of Ayodhya temple in city

The city was filled with a festive atmosphere as many streets turned saffron to celebrate the consecration of the Ayodhya temple. Lord Ram's banners and cutouts adorned the streets, reflecting the joy of the residents. Sandesh Nagaraj, a resident of T Dasarahalli, shared, "Usually, we celebrate Rama Navami with juice and buttermilk. But today, we saw many people offering not just juice and buttermilk but also lunch and sweets. Everywhere one looked, there were people making these offerings."

In Bengaluru, various Hindu organisations joined the celebration by painting the city saffron in honour of the consecration of the Rama Temple in Ayodhya. Devotees flocked to Lord Rama, Hanuman, and Lord Venkateshwara temples, participating in bhajans and keerthans organised at different places. Special prayers and grand prasad distribution took place at Ramanjaneya Gudda Temple, Pattabhirama Swamy Temple, Rama Temple in Rajajinagar, Ramadevara Devasthana at Malleswaram, and Rama Temple in Basavanagudi. The BJP state headquarters, Jagannath Bhavan, became a centre of attraction with decorative lights, festoons, banners, and posters. Former CM HD Kumaraswamy, who visited Ayodhya with his family, expressed happiness over the realisation of centuries-old dreams.

Malleswaram residents lit thousands of lamps to celebrate the consecration

Meanwhile, Karnataka Chief Minister Siddaramaiah criticised the BJP for politicising the Ram Temple in Ayodhya. He said, "Lord Ram does not belong to any political party," adding that the Congress is also devoted to Lord Ram. Inaugurating a temple in Hiren-ralli dedicated to Lord Ram, Goddess Sita, Lord Hanuman, and Lord Laxman, Siddaramaiah clarified that the temple was built out of genuine devotion, not for political reasons. He expressed plans to visit Ayodhya in the future, highlighting that essence of Lord Ram remains the same everywhere. Siddaramaiah criticised the BJP for falsely portraying opposition parties as against Lord Ram, emphasising that such narratives should not confine Lord Ram to any political agenda. **— BMB**

One-way trick to solve traffic woes?

Traffic police mulls making Panathur Railway underbridge one-way with directions changing from morning to evening

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To combat traffic congestion at the Panathur Railway Underbridge (RUB), the traffic police will implement one-way vehicle entry. The plan is to make it one way in the morning for vehicles coming from Belagere to Panathur and in the evening, it would be the other way around.

"Considering the traffic volume, it was observed that most of the traffic is coming from the Varthur area to Outer Ring Road in the morning. In the evening, the traffic is going from Belagere to Varthur. They plan to make it one way, and it is likely to be implemented from January 25," said Clement Jayakumar, General Secretary of Mahadevapura Task Force-Mobility.

He also stated that alternative roads are a few km away, so it might be inconvenient for people going in the other direction.

"But it is more convenient to travel a few kilometres than spending one hour in a gridlock. The idea must be implemented so that we know if it works. Right now, we just want a solution for traffic congestion," he added.

With over 12,000 families and 10,000 apartment complexes under construction, the Belagere area is a burgeoning community just 3 km from the Outer Ring Road (ORR) and nestled in the heart of the IT hub. Approximately 1,000 students endure a two-hour commute to schools merely three to four km away. The absence of direct connectivity to the ORR results in a notorious bottleneck known as S Cross (a narrow 10 feet passage allowing only one large vehicle at a time) and a single-lane RUB.

Residents say that after every minor rainfall, the region transforms into an island.

They claim that guests are reluctant to visit. Residents have been calling for the widening of S Cross and the expansion of the Panathur RUB for five years now.

They also added that the underground drainage (UGD) system overflows onto the roads during the rainy season.

The new proposal by the police, however, is not pleasing everyone. Harish, a resident, says, "They had implemented a similar strategy a few years back, and it didn't work out. We also have to take into consideration that people are not willing to follow rules. If you ask them to take an alternate road 5 km away for a 500-metre commute, it is not practical either. Also, most of the children don't take school buses, they are dropped in private vehicles. It will also be inconvenient for them."

BM Trippin' Tales

Check, check, tyre check

First thing to do before heading out on a long trip in your car? Make sure your tyres are up to the task

It's that time of the year, when the weather is just right and you want to hit the road for long drives. It is imperative before setting out to check the status of your car tyres. And luckily, if you are looking for replacements, several companies are offering great offers for you to replace tyres.

Knowing when to change your car tyres is crucial for maintaining safety and optimal performance. Remember, regular maintenance and inspections are key to ensuring your tyres are in good condition. Your safety on the road depends on it. Here are a few key indicators for you to know the right time to replace your tyres.

Tread Depth

A common rule of thumb is to replace tyres when the tread depth reaches lower than recommended level.

Tyres with inadequate tread depth lose grip, especially on wet or slippery surfaces. Most tyres have built-in tread wear indicators—small bars located in the grooves. When these bars become level with the tread, it's time for new tyres.

Cracks and Bulges

Inspect tyres for cracks, cuts, or bulges on the sidewall. These issues can weaken the tyre's structure, leading to potential blowouts.

Uneven Wear

Uneven tread wear can indicate alignment, balancing, or suspension problems. Regularly check for differences in wear between tyres or within the same tyre.

Vibration and Handling Issues

If you notice increased vibrations or difficulty in handling, it might be due to tyre wear or damage. Consult a professional to diagnose the issue.

Age

Regardless of mileage, tyres degrade over time. If your tyres are more than 6 years old, consider replacing them, as the rubber becomes less flexible and more prone to failure.

Low Tyre Pressure

Underinflated tyres wear out faster and can lead to reduced fuel efficiency. Check your tyre pressure regularly and inflate them to the manufacturer's recommended level.

Decreased Fuel Efficiency

Worn-out tyres can increase rolling resistance, causing your vehicle to consume more fuel. If you notice a sudden drop in fuel efficiency, it might be time for new tyres.

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Locals revel in recognition of their 'waste warriors'

Residents of 6th block Koramangala join hands to honour pourakarmikas fostering a community spirit of appreciation and togetherness

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Sunday will be remembered as a special day for over 40 pourakarmikas, who enjoyed a day filled with fun, merriment, a sumptuous lunch, and thoughtful gifts. The 6th Block Koramangala Residents' Welfare Association (RWA) organised a heartwarming get-together for the pourakarmikas on January 21. A total of 47 pourakarmikas were felicitated during the event.

"The 6th Block Koramangala RWA shares a strong bond with the pourakarmikas. Residents generously contributed funds for organising the event, and I attended it, feeling very happy," said Jenny Tavares, a resident. The RWA has consistently honoured pourakarmikas for their significant contribution to society. What started with collecting Rs 60,000 in 2016 has now increased to Rs 2.30 lakh, showcasing the residents' generosity. "I am delighted to attend the function. I want to express gratitude to the residents for organising such felicitations. It not only brings joy to pourakarmikas but also strengthens the bond between residents and them. The lunch was excellent," expressed Narasimha, a supervisor.

Funds collected for the felicitation were used to purchase gift hampers for various service providers, including 47 Bruhat Bengaluru Mahanagara Palike (BBMP) Solid Waste Management team members, two mosquito fogging personnel, four park maintenance staff, six garbage tractor workers, two Bangalore Water Supply and Sewerage Board (BWSSB) employees, and three streetlight maintenance personnel.

The event kicked off with a Rangoli competition and featured fun games for both women and men. KK Prakash, a resident, sponsored lunch for pourakarmikas. At the event's conclusion, all service providers received a gift hamper containing a steel storage vessel, groceries, cash, and a gift item, sponsored by MLA of BTM Layout, Ramalinga Reddy.

What started with collecting ₹60,000 in 2016 has now increased to ₹2.30 lakh, showcasing the residents' generosity

To promote the concept of reuse, the organisers enlisted the services of ShareGreen for clothing and shoes. Pourakarmikas visited the stall and picked up around 60 items. Residents also donated pre-loved sarees to pourakarmikas.

Neeraja Shetty, president of the 6th Block Koramangala Residents Welfare Association, emphasised the crucial role of residents in making the event a success. "We do crowdfunding for the event, which fosters a sense of involvement for all our residents. Despite occasional service shortcomings, our community members take time every year to show gratitude towards our service providers. Over the years, we have seen a significant improvement in service quality and responsiveness, benefiting our block. It's a win-win situation," said Shetty, noting that pourakarmikas from other blocks are urging their associations to follow the example set by the 6th Block Koramangala Residents Welfare Association.

(Top) Pourakarmikas having lunch organised by Koramangala 6th Block Residents' Welfare Association; (Below) Pourakarmikas participating in rangoli competition

Footpaths have turned into roads in Hope Farm Junction

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In the Whitefield neighbourhood, residents near Hope Farm Junction are expressing growing concerns over the lack of enforcement regarding various issues plaguing their streets, especially the footpath encroachment by numerous vehicles. This problem has persisted for several months, forcing pedestrians to walk on the roads.

The residents stated that the stretch from Hope Farm Junction to Tree Park Metro Station, a vital 1-kilometre area, is marred by a consistent occupation of footpaths by vendors and two-wheeler parking. This not only impedes accessibility for pedestrians but also poses a significant risk to those forced to walk on the roads due to blocked footpaths.

Prashanth Layout resident Purshotham said, "Despite repeated reports to the Bangalore Bruhat Mahanagara Palike (BBMP) and the Bangalore Traffic Police (BTP), the actions taken have been temporary, with the issues resurfacing shortly after cleanup efforts. The gravity of the situation is heightened by the heavy traffic flow in this crucial junction, connecting Hope Farm to ITPL. It's been six to seven months, and the situation has remained the same. There is absolutely no space for pedestrians to walk on the footpath, especially during the evenings."

Footpath on Hope Farm Junction encroached by two-wheelers

The residents highlighted that despite the vendors occupying the stretch, it is the duty of the concerned department to provide them with dedicated vending zones, rather than just asking them to leave the spaces. "We need to understand the livelihood aspect of the vendors and suggest a proactive approach involving collaboration can yield positive results. For instance, many hawkers had occupied the footpath at Borewell Road. However, after speaking to them, we got them an alternate space on another road which is more spacious, and many shifted there. This not only provided a more organised space for vendors but also freed up the footpaths for pedestrians. We need to have a similar approach in Hope Farm Junction," said another resident, Mary.

She also pointed out the dire state of many footpaths, with missing pieces and drains, compounding the challenges faced by pedestrians. "We need to address such issues first. The footpath in some spots is in bad shape and needs to be fixed," Mary said. The residents also pointed out the issue of several metro users who come out of the Tree Park Metro Station being forced to walk on the roads to reach their destination, as the footpaths are also encroached. Apart from this, they mentioned wrong-way driving as another issue at the junction, leaving no hope for pedestrians at the Hope Farm Junction.

Sandeep Anirudhan, Convenor, Citizens' Agenda for Bengaluru, said, "What is missing in Bengaluru are street inspectors who regularly patrol and fine offenders. If there's frequent patrolling of the streets and enforcement, this problem can be fixed. Wonder why our officials can't think of or act on it. The same inspectors could identify other problems on the footpath and streets and report and get them fixed, which will ensure better maintenance such as potholes."

When BM tried contacting the Whitefield Traffic Police, they were unavailable for comment.

whatsapp MIRROR 9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Pathway blocked

KR Puram

The footpath near Sri Rama Hospital in KR Puram has been blocked for several months, causing inconvenience to pedestrians.

Footpath neglect

Race Course Road

The footpath near RC College Bus Stop, opposite the old Chalukya Hotel, is in a poor state.

Lake-side issue

Ulsoor

The water vending machine (RO) situated near Ulsoor Lake at Kalhalli, Ward 79, has been non-functional for the past six months.

Bird rescue house plans ruffles more than just feathers

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The Bruhat Bengaluru Mahanagara Palike (BBMP) Forest Department has decided to construct a rescue holding house and enclosure at the Butterfly Park near Bannerghatta Biological Park for the welfare of small mammals, including bonnet macaques, fruit bats, monitor lizards, porcupines, etc.

The BBMP Deputy Conservator of Forests floated a tender on January 19, inviting bidders for the construction of the rescue holding house and enclosure at an estimated cost of Rs 81 lakh.

"For the first time, we are constructing a rescue holding house and enclosure for injured and rescued birds. We thought Butterfly Park was an ideal location for the construction of the rescue holding house and enclosure as veterinary services are available at Bannerghatta Biological Park. We release the injured and rescued birds at the same locations after providing treatment to them," said BBMP Deputy Conservator of Forests BLG Swamy.

Although animal activists have welcomed the decision to construct a rescue holding house and enclosure for the benefit of rescued and injured birds, they are apprehensive about the safety of birds and species.

"It is not advisable to take rescued and injured birds to the Butterfly Park from different parts of Bengaluru, as it would affect the health of birds and species. For example, 16 deer died due to some disease at Bannerghatta Biological Park," said Arun Prasad, an animal activist.

Jayanthi Kallam, Executive Director of Avian and Reptile Rehabilitation Centre (AARC), said that the decision to construct a rescue holding and enclosure is appreciable, and the BBMP is focusing on urban wildlife by constructing a cage for temporarily holding rescued small mammals. "Wild animals are prone to extreme stress in captivity, and stress can kill them, so care should be taken to ensure the cage is not open to public viewing and is away from visitors in a secluded area. The animals thus rescued should also be taken to rescue centres quickly, so they get the necessary treatment and can be released back into their natural habitats soon," said Jayanthi.

Kannada signboard dispute

Bommanahalli tops with highest notices

Over 34,000 notices issued as businesses face scrutiny; Politician alleges corruption in the process

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Karnataka Rakshana Vedike activists rally against non-Kannada sign boards in protest of the 60% Kannada rule in Bengaluru

The Bommanahalli zone has witnessed the highest number of notices issued by the Bruhat Bengaluru Mahanagara Palike (BBMP) to business establishments for not prioritizing Kannada on their signboards. The BBMP has affirmed that, up to this point, more than 34,262 notices have been dispatched to shops, malls, and establishments across Bengaluru. The BBMP has commenced the distribution of notices to shops, malls, and commercial establishments, instructing them to prominently display the Kannada language on signboards by February 28.

The Chief Health Officer of the Palike, Siraj Ahmed Madani, specified, "The highest number of notices have been served in the Bommanahalli zone, with 6,732 establishments receiving notices. Dasarahalli received 1,458, East 5,279, and Mahadevapura 4,838."

B. Chandrashekar Hebbar, the President of the Karnataka Pradesh Hotels and Restaurants Association (KPHRA), addressed the issue, stating that many suggest adding Kannada to menu boards in hotels. Hoteliers have sought clarification from BBMP through a letter. Chandrashekar Hebbar clarified, "Usually, hotels adhere to the 60 per cent rule for mainboards. There is no confusion regarding inside boards and menu cards."

Previously, a deadline had been set for the usage of 60 per cent of Kannada language on signboards. BBMP Commissioner Tushar Girinath has mandated that all signboards in the state capital must be in Kannada by February 28.

Both Chief Minister Siddaramaiah and Union Minister for Coal, Mines, Law, and Parliamentary Affairs Pralhad Joshi have made appeals to shop owners to prominently showcase Kannada. A protest rally organised in Bengaluru by the Karnataka Rakshana Vedike turned violent, resulting in acts of vandalism. Over 50 Kannada activists, including Vedike President Narayana Gowda, were arrested and detained in the aftermath of the incidents.

A BBMP official said, "In BBMP limits, there are 1,400 km of arterial and sub-arterial roads, and all the commercial establishments along these roads have been surveyed for the language used in the name boards. After the survey, notices are being issued to those shops and commercial establishments that don't have 60 per cent Kannada in their name boards. After issuing notices, time will be given until February 28 to adopt 60 per cent Kannada in name boards, failing which action will be taken. The zonal commissioners will also be told to submit an action taken report."

"We will take legal action against those shops and establishments if they don't adopt Kannada up to 60 per cent by February 28. We are also contemplating cancelling the license for such establishments. We will also take action against jurisdictional officials if they fail to enforce the rule," said an official, adding that the same rule applies to big malls as well.

In response to a directive from the Kannada Development Authority at that time, BBMP implemented a new regulation in 2017. This regulation mandated that display boards for any establishment should consist of 60 per cent Kannada in a specified format and 40 per cent English.

MLA alleges corruption in notice issuance

Meanwhile, the issue has also taken a political turn, with Yelahanka MLA SR Vishwanath alleging corruption in issuing notices. Vishwanath said that he had written a letter to the Municipal Administration Department, alleging that a section of officers in Madanayakanahalli CMC were involved in corruption. He claimed that he had received complaints from various shopkeepers on the same. Vishwanath alleged that some of the officials were 'extorting' money from the shopkeepers by demanding money to be sent via UPI to their private numbers so that notices could not be served.

Electoral rolls 2024: B'luru South has maximum voters

The Election Commission (EC) on Monday published the final electoral rolls for 224 constituencies in Karnataka for 2024, revealing a total electorate of 5,37,85,815, as per data shared by the office of the Chief Electoral Officer.

According to the Draft Electoral Rolls-2024, the total number of general electors was 5,33,77,162, comprising 2,68,02,838 male electors, 2,65,69,428 female electors, and 4,896 other electors.

In the Final Electoral Rolls-2024, the total general electors increased to 5,37,85,815. This includes 2,69,33,750 male electors, 2,68,47,145 female electors, and 4,920 other electors.

"The net increase in total electors compared to the draft roll is 4,08,653, with a significant rise in female electors by 2,77,717, male electors by 1,30,912, and other electors by 24," the EC said.

According to the EC, among the 224 Legislative Assembly constituencies, Bengaluru South in Bengaluru Urban District has the highest number of electors at 7,17,201. Conversely, Sringeri in Chikkamagaluru district has the lowest number of electors, with a count of 1,67,556.

"The number of service electors has decreased to 46,501 as per final rolls from 47,172 in draft rolls. The number of young electors (18-19 years) has increased to 10,34,018 in the final rolls from 6,45,491 in the draft rolls, marking a significant rise of 3,88,527 young electors," it said.

"The number of overseas electors has increased to 3,164 as per final rolls from 3,055 in draft rolls. The number of 80+ age electors is 12,71,862 as per final rolls and 13,82,796 in draft rolls. The number of 100+ age electors is 17,937 as per final rolls and 23,377 in draft rolls," the EC added.

The number of polling stations as per the final electoral rolls is 58,834, the EC stated.

"Efforts have been undertaken to ensure the enrolment of all eligible electors in the electoral rolls and to create error-free, robust electoral rolls across all assembly constituencies. In case an eligible elector's name is not found, they are encouraged to enrol their name in the electoral roll promptly," the EC added.

Healthcare Heroes Honoured

Bangalore Mirror and Vijay Karnataka host Inaugural Health Excellence Awards 2023

Bangalore Mirror and Vijay Karnataka set the stage ablaze with their inaugural Health Excellence Awards, shining the spotlight on the unwavering commitment and service of healthcare heroes.

While the glamour of award ceremonies usually graces the cinema world, the Health Excellence Awards 2023 took center stage to applaud the genuine stars—our dedicated health professionals.

The event, graced by the presence of Karnataka's Minister for Medical Education and Skill Development, Dr. Sharan Prakash Patil, the esteemed actress Sapthami Gowda, CEO of Bangalore Mirror and Vijaya Karnataka, Deepak Saluja, and the Editor of Vijaya Karnataka, Sudarshan Channangihalli, unfolded with grandeur.

This spectacular ceremony recognised the outstanding contributions of five doctors with Lifetime Achievement awards and honored thirty doctors with Special Excellence awards across various domains. Dr. Manjunath CN, the visionary Director of Sri Jayadeva Institute of Cardiovascular Sciences and Research; the charismatic Dr. H Sudarshan Ballal, Chairman of Manipal Hospitals; the esteemed Dr. Sharan Shivaraj Patil, Chairman of Sparsh Super Speciality Hospital; the revered Homeopathy Specialist, Nadoja Dr. BT Rudresh; and the renowned gynecologist, Dr. Padmini Prasad, took home the coveted Lifetime Achievement award at the Health Excellence Awards-2023.

This groundbreaking event not only celebrated the brilliance of these medical maestros but also underscored the vital role they play in our lives. It was an evening of recognition, appreciation, and a fervent acknowledgment of the real superheroes in the realm of health and wellness.

CONTINUED ON PAGE 7

HEAR FROM THE CHIEF GUESTS

Dr Sharan Prakash Patil
Medical Education Minister
"Vijaya Karnataka is a prestigious paper with 25 years of hard work and excellence and is the number one among the regional papers. It has always strived to address societal issues and positive efforts from the government. This award ceremony will be an inspiration for many health professionals. As a doctor, I am aware of the daily life of a doctor. Society places them in an important place in society. Of late, the health sector has been leaning towards a commercial angle but it should always be with a service mentality. We give the same respect to doctors, as we give to our gods. Doctors provide courage to people in need of treatment"

Sapthami Gowda, Actress
"I want to thank the doctors for choosing this godly profession. I have chosen a career which is easier for me. My father wanted me to be a doctor. As artists, we are just characters in front of the camera but doctors play a vital role throughout. Thank you to BM and VK for organising this award ceremony."

Deepak Saluja
Bangalore Mirror and Vijay Karnataka CEO
"We have a loyal base of readers who read news that is relevant to them. We constantly endeavour to find out what content we can bring to the readers. Through this award ceremony, we hope to curate the exemplary work of doctors. I must salute the doctors for their devotion to India. Who can forget the Covid heroes who strived to face the pandemic head-on? The doctor community needs to be applauded and appreciated. We cannot rank these doctors, we can only recognise their work with the VK-BM role of honour"

Sudarshan Channangihalli
Editor, Vijay Karnataka
"We have been striving tirelessly to provide information to readers about the health sector. We have always strived to provide information to our readers about the health sector. During the Covid period, we worked tirelessly to provide information to the readers."

Fragrance partner: From the House of Mysore Sandal Soap
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Knowledge partner: AVANCE

CONTINUED FROM PAGE 6

LIFETIME ACHIEVEMENT AWARD RECIPIENTS

Dr Manjunath CN
Director of Sri Jayadeva Institute of Cardiovascular Sciences and Research

"In any field of health empathy and sympathy are important. Artificial intelligence is coming into the field but doctors must focus on talk, touch and treat. Doctors must also focus on patient-centric treatment. We are seeing a rise in lifestyle diseases and the latest of the lot is screen addiction. Living in a big city itself is a health hazard and air pollution could lead to lung diseases. It's the new tobacco and can be a risk factor for heart attack. Lastly, treatment of the disease should not be more harmful than the disease itself."

Dr Sudarshan Ballal
Chairman of Manipal Hospitals

"This has reinjected our enthusiasm towards our field, A doctor's profession is noble and the nobility of the profession should not get tarnished. Prevention is the best practice and people should avoid sugar, smoking, excessive salt, stress, and sadness"

Dr Sharan Shivaraj Patil
Chairman of Sparsh Super Speciality Hospital

"It's a great honour to be felicitated by Dr Sharan Patil and thanks to BM and VK for organising this award ceremony. We have always worked with the government and we will never be able to serve the community without the reach of the government. It's an exciting time for medicine and for the first time, we can change the quality of medical treatment rendered out by different professionals. With new technology, touch and feel are not required and many people even in remote places can benefit. Through technology, we can provide the expertise and the same quality of medicine through all doctors."

Nadoja Dr B T Rudresh
Homeopathy Specialist

"Thanks to BM and VK for this award. I see at least 120-150 patients daily and get to see many people. I just want to say that health is wealth. People look at doctors like they are gods"

Dr Padmini Prasad
Renowned gynaecologist

"I am honoured to be selected and to share this award with stalwarts of the industry. It's only accidental that I came to sexual medicine. Print media has played a vital role in addressing the taboo topics around sexual wellness and breaking the myths around it. Print media has been playing the role of conveying the information to the public. The issue is not even taught in medical colleges"

VK & BM HEALTH EXCELLENCE AWARDS-2023

VK & BM HEALTH EXCELLENCE AWARDEES

Dr. Bharath Anche
Managing Director, Siri Multispeciality Hospital (Gen surjery/ Laproscopy section

Dr. Gautham R Choudhary
Pediatrician, Sri Venkateshwara Child Health – Diabetes Care (Maternal & Child Health

Dr. K Hemanth Kumar
Consultant – GI, HPB & Robotic Surgery, Manipal Hospital, Old Airport Road (GI, HPB & Robotic Surgery)

Dr. Hima Bindu
Head of Emergency Medicine, Prakriya Hospitals (Emergency Medicine)

Dr. Ishwarya Bhandari
Senior Resident, KIMS (Emerging Gynaecologist)

Janardhana TK
CEO, Camry Hospitals, (Obstetrics & Gynaecology)

Dr. KN Krishna
Director & Senior Consultant – Brain & Spine Surgeon, Apollo Hospitals Jayanagar (Neurosurgery)

Dr. Manohar KN
Consultant Physician & Diabetologist, Disha India Foundation (Diabetology / Endocrinology

Dr. Niranjana C Paramshetty
Founder & Director, KDC Dental Care & Implant Centre (Dentistry)

Dr. Naren Shetty
Vice Chairman, Narayana Nethralaya (Young Achiever in Opthomology)

Dr. Praveen Namboodiri
Consultant Nephrologist & Transplant Physician, Kollam, Kerala (Nephrology)

Dr. Rajashekar KT
Sr. Consultant – Orthopaedic & Joint Replacement, Apollo Hospitals Bannerghatta (Orthopedic Surgery)

Raja JC
Founder & CEO, TEATREE Healthcare Pvt. Ltd (Corporate Wellness, Hospitals & Diagnostics)

Dr. Rajashekar YL
Medical Director, Shekar Eye Hospital (Opthalmology)

Dr. Rajakumar Chavakula
MEDICAL DIRECTOR, Seventh-Day Adventist Medical Centre (Community Health)

Dr. Sneha Shetty
Clinical Director & Chief Fertility Specialist, Vriksh Fertility (Infertility Treatment & Services)

Dr. Sunil J Kini
Consultant – Orthopaedics & Robotic Joint Replacement surgery, Manipal Hospital, Old Airport Road (Robotic Surgery in knee and hip Replacement)

Dr. Sampath Chandra Prasad Rao
Cranial Base Surgeon | Head & Neck Surgeon | Hearing Implantologist, Bangalore Skull Base Institute (Head & Neck Onco Surgery)

Dr. Supraja Chandrasekar
Pediatric Intensivist & Director of Pediatric Services, DHEE Hospitals (Pediatric Services)

Dr. Suriraju V
Managing Director & CEO, Regal Kidney & Mutli speciality Hospitals (Urology)

Dr. Shwetha Y B
Founder & Managing Director, Janisthaa Fertility & IVF Centre (Fertility & Gynaec lapa-roscopy)

Dr. Sambhashiva A C
Chairman & Managing Partner, Laxmi Hospitals (Family Physician)

Dr. AV Srinivasan
Founder Chairman, Sri Paripoorna Sanathana Ayurveda College Hospital & Research Centre (Ayurvedic Hospital, College and Research centre)

Shwetha K Gowda
Founder & Managing Director, Cura Hospitals (Multi-Speciality Hospital)

Dr. Shravya Arun
Acupunturist, Bhadram Nature's Clinic (Acupunture)

Dr. B S Srinath
Managing Trustee & Head of Institution, Sri Shankara Cancer Hospital & Research Centre (Oncology)

Dr. Vidyadhara S
Chairman & HOD – Spine Surgery & Consultant – Robotic Spine surgery, Manipal Hospital, Old Airport Road (Robotic Surgery in Spine)

Truelife Speciality Hospital

Service excellence in emerging multispecialty hospitals

Dr. Chethan B H
Dr. N Gnani
Dr. Vivek Girigowda
Dr Likith R

Fortis hospital, Cunningham road
Service excellence in cardiology
Dr. Gopi A
Dr. Keshava R
Dr. Sridhara N
Mr. Anand Angadi

Fortis Hospital, Nagarbhavi
Service excellence in cardiology
Dr. Prabhakar Koregol
Dr. Pavan Rasalkar
Dr. Somashekhar C M
Dr. Thejaswini Parthasarathy

ARJUNA DEATH PROBE

NO NEWS IS BAD NEWS

As forest dept says probe report submitted to govt, conservationists say details should be released in public domain

| Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

City-based wildlife conservationists and activists have raised concerns about the delay in the expert committee's report on the causes of the state's star elephant Arjuna's death. Arjuna, who carried the golden howdah in Mysore Dasara for eight years, died on December 4 last year during an elephant capture operation by the Karnataka Forest Department (KFD).

A couple of days later, the state government ordered a probe into the allegedly botched rescue operation that led to the end of the 64-year-old elephant. A high-level committee comprising senior officials from KFD and conservationists was constituted to probe the death.

"It has been more than 40 days since the government formulated the committee and the probe began. However, there is no clarity on the report yet. The department has not released any information regarding this in the public domain," said a wildlife conservationist.

According to senior officials of KFD, the report has been submitted to the state government.

"The committee has completed the probe and a detailed report on the outcome has been submitted to the government. It was submitted a week ago and it is the government's prerogative to decide when the report should be made public," said a senior KFD official.

However, conservationists say the report should have been made public as the probe was ordered after the public outcry.

File photo of an elephant capture operation in Hassan

"The department should have shared the report in the public domain. The inquiry was ordered on public demand and the report should be made available publically too. There is a lack of transparency on the part of the department in every aspect leading to rise in suspicion," said Joseph Hoover, former State Board for Wildlife member and founder of the United Conservation Movement and Charitable Trust.

Petition against KFD's operation

Various NGOs have demanded the Karnataka government immediately stop the capture of wild elephants under 'Operation Jumbo', and put in place a comprehensive plan of action to mitigate human-elephant conflict.

This representation has also come in the wake of KFD restarting the operation as a purported solution to the human-elephant conflict in the Hassan-Kodagu region.

This petition by the Centre for Research on Animal Rights (CRAR) and the Federation of Indian Animal Protection Organisations (FIAPO) says that as per protocols, wild elephants are supposed to be released back into the forest after radio collaring. However, the Forest Department has been keeping elephants in captivity and sending them to camps. They allege the department recently captured a young elephant which was not a potential threat to humans.

They say the entire exercise is completely unscientific and appears to be a knee-jerk reaction to appease politicians and people rather than a solution to conflict issues.

"Numerous scientific studies have demonstrated that capture and relocation do not work as a strategy. Elephants always return to their home range. Capture of elephants from the wild is an egregious exercise of the power embedded in section 11 of the Wildlife Protection Amendment Act, which is leading to the death of innocent wild elephants that are Schedule I species and must be stopped at once," says Alok Hisarwala, lawyer-activist and founder, CRAR.

Experts say the use of capture as a solution to human-elephant conflict is unscientific, ineffective, and has led to the deaths of many wild elephants in the state. In 2023 alone, three elephants died during capture. They allege the botched captures go unquestioned.

"The use of capture is more a sensationalist smokescreen to appease the general public, and in effect, does not ensure peaceful coexistence. Commercial encroachments over forest lands, especially elephant corridors, are the main drivers of human-elephant conflict. Elephant reserves must be recognised as legally protected areas, like Tiger Reserves. Even 10 years after the 2013 High Court order, the government has failed to declare notified forest areas within elephant corridors as reserve forests under section 17 of the Karnataka Forest Act," says Bharati Ramachandran, CEO, of FIAPO.

'The Big Bengaluru Toilet Survey'

CONTINUED FROM PAGE 1

Women having to pay more than double the amount than that of men poses restrictions towards accessibility and affordability, the survey has found. Additionally, with regard to accessibility for the disabled, the survey found 91% of the toilets are not disabled friendly.

The survey also found that close to 91% of the toilets lack dustbins for disposal of sanitary napkins, tissues or any other material waste, turning the toilet premises into an open bin. As a consequence, half the toilets have drainage pipe blockages at least once every quarter, adding on to the already deplorable condition of the facilities. It has also found that 91% of the surveyed toilets required basic amenities such as consistent access to running water, cleaning materials and mugs, for the maintenance of the bare minimum standards of hygiene.

Of the 44 cleaning staff interviewed, the survey found that only 66% receive their wages regularly. It has also found that those employed for the job are often migrants from other states, subjected to numerous issues due to language barriers such as communicating their requirements to authorities. They are required to live in unhygienic premises of the toilets, while having to clean them without any protective gear, exposing them to health issues such as skin allergies frequently. Video evidence captured during the survey has recorded instances of both male and female cleaning staff residing within women's toilets, which are critical lapses, according to the report.

The survey has suggested that the BBMP carry out similar surveys in order to find out the ground reality of the present public toilet infrastructure and take measures to correct the issues at facilities in the current as well as the upcoming ones.

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CHANGE OF NAME

I, KAMRAN AHMED KHADER AHMED, R/a #19/1-2, Kemp Road, BMP Nagar, Coles Rd, Frazer Town, Bangalore-05. I, have changed my name to, KAMRAN AHMED vide affidavit, dated 20/01/2024 Sworn before Notary V. Rajashekhara Bangalore

I PRIYA SAMBREKAR w/o Bharath S N, R/o No 33, D Block, Ashirwad Nilaya, Gopalagowda Extn, Shivamogga-577205. I have changed my name from PRIYA SAMBREKAR to PRIYA YALLAPPA SAMBREKAR for all future purposes.

I, Anju Suresh Chand D/o, Bhajan Lal Pamnani R/o Villa 165, Mahaveer Horizon , Bridnhavan Layout , 4th Cross. Kr Puram , Bangalore have changed my name to S Anju Chawla for all purposes.

I Gurusiddappa s/o Lingaiah R/o No 67/A,19th Main,30th Cross,2nd Block,Rajajinagar, Bengaluru 560043 have changed my name to Gurusiddappa Lingaiah for all purposes.

I Inayathulla Shafiulla S/o Shafiulla R/o #13, GF, 18th Cross 22nd main JP Nagar B'lore-560078 have changed my name to Mohammed Inayathulla.

I, S Bhaskar Raju s/o Gangaraju Venkatraju Salva R/o #37 Balaji Nilayam No 102 1st Flr 2nd A Cross 2nd Block Hosapalya B'luru-560068 have changed my name to Bhaskar Gangaraju Salva for all Purposes.

I, Anju Suresh Chand S/O, Bhajan Lal Pamnani R/o Villa 165, Mahaveer Horizon , Bridnhavan Layout , 4th Cross. Kr Puram , Bangalore have changed my name to S Anju Chawla for all purposes.

I, Saziddunnisa W/o Shokth Ali R/o #26 4th Cross, MD Block Malleshwaram B'lore-560003 have chnaged my name to Sajida.

I Syed Shahid S/o Syed Ameen R/o Kanakanagara M V Extension Hosakote Bangalore 562114 have changed my name to Syed Shahid S for all purposes.

I Parveen Taj Syed Ahmed W/o Syed Ahmed R/o #152 1st cross Near kannada school Anjanapura B'lore-560108 have changed my name to Parveen Taj

I, Sarika Kumari Parmar W/o Kamalesh Parmar R/o #143/1 Pragati Apts, Flat No-002 RV Rd B'lore-560004 have changed my name to Sarika Parmar.

I, Asfaq Ahamed Nazeer S/o Nazeer Ahamed R/o #2nd Block Hogebellu Madhugiri Tumakuru-572132 have changed my name to Ashfaq Ahmed

LOST & FOUND

I Kamal Nayan Singhania S/O Gobardhan Singhania have lost my College Leaving certificate bearing registration no 2305 dated 14/08/2000. A lost report has been filed with Bangalore police vide acknowledgment no 0897633/2024. This is to inform all public and authorities about the same.

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The dig city nightmare

CONTINUED FROM PAGE 1

pedestrians. The telecom service provider has engaged a contractor to dig roads in Richards Town. I am of the opinion that the contractor is digging the roads without permission from the BBMP," said Mrs Pinto, a resident.

She complained that migrant workers staying on the vacant (disputed) site have no basic amenities to attend nature's call. "I came across migrant labourers having baths on the footpath itself. They are drying clothes on the footpath thus blocking the way for the pedestrians," she said.

According to Anna Alex Jacob, vice president, Richards Town Residents Association, the BBMP gave permission to the telecom service provider to use the vacant site that is not only a private property but one entangled in a dispute.

"The BBMP has allowed the telecom service provider to dig the roads all over Richards Town. Though we have informed the BBMP authorities about indiscriminate digging of roads, the officials at the civic body turn out to be mere spectators due to the reasons best known to them," said Jacob.

When this correspondent visited the spot, he found the migrant labourers drying clothes on the footpath. Two women labourers were on the spot; they said they were using the public toilets situated on the other road.

Drying clothes on footpath block way of pedestrians

"There is no toilet facility on this site. Our men will take us on two-wheelers to the nearest public toilets," said one of the female labourers.

Demanding the BBMP authorities to remove the construction material on the footpath, Jennifer Ross, residing adjacent to the vacant site under dispute, said children are finding it difficult to walk on the footpath due to dumping of sand and jelly stones.

"Many people are staying on the vacant site. They create a lot of noise during the night. The BBMP authorities must do something to provide relief for us from this nuisance," said Ross, adding that the labourers are leaving more garbage on the road.

Meanwhile, BBMP executive engineer Thippeswamy said that he received complaints from the residents about dumping of construction material on the footpath and digging of roads.

"I will visit the spot today and take necessary action," he said.

HEALTH TIP: Chickpea flour acts as a great natural exfoliator that helps get rid of dead cells

Look for lip balms with ingredients like beeswax, shea butter or coconut oil

FIBRE FASCINATION

Not just your colon, dietary fibre helps the immune system, brain and overall health too

There's no shortage of advice about what to eat, including hype about the latest superfoods that will help you live to 100, or about the newest restrictive diets that claim to help you lose weight and look beautiful. As a researcher from the Farncombe Family Digestive Health Research Institute, I'm well aware that there is no universal "healthy diet" that will work for everyone.

However, most professionals would agree that a diet should be well balanced between the food groups, and it's better to include more things like vegetables and fermented foods in your diet than restrict yourself unnecessarily. Eating foods that promote gut health improves your overall health too.

Why is everyone so concerned about fibre?

The importance of fibre has been known for decades. The late great surgeon and fibre researcher Denis Burkitt once said, "If you pass small stools, you have to have large hospitals." But dietary fibre does more than just help move your bowels. Fibre can be considered a prebiotic nutrient.

Prebiotics aren't actively digested and absorbed, rather they are selectively used to promote the growth of a beneficial species of microbes in our gut. These microbes then help digest foods for us so we can obtain more nutrients, promote gut barrier integrity and prevent the growth of harmful bacteria.

Fibres can also have microbe-independent effects on our immune system when they interact directly with receptors expressed by our cells. These beneficial effects may even help teach the immune system to be more tolerant and reduce inflammation.

Getting enough dietary fibre?

Probably not. The so-called western diet is low in fibre and filled with ultra-processed foods. The recommendation for daily fibre is between 25-38 grams depending on factors like age, sex and activity level. Most people consume about half of the recommendation, and it can negatively affect overall health.

Good sources of dietary fibre include whole grains, fruits and vegetables, beans and legumes, and nuts and seeds. There is a lot of emphasis on soluble fibres and less on insoluble fibres, but in reality, most foods will contain a mixture of both, and they each have their merits.

High fibre snacks are also gaining popularity. With an estimated global value of US$7 billion in 2022, the value of the prebiotic ingredient market is expected to triple by 2032.

The benefits of dietary fibre

There's plenty of evidence supporting the benefits of dietary fibre. Fibre isn't just associated with colon health; it's associated with overall health and brain health through the gut-brain axis. Diets low in fibre have been associated with gastrointestinal disorders such as irritable bowel syndrome or inflammatory bowel disease.

On the other hand, consuming adequate fibre also reduces the risk and mortality associated with cardiovascular diseases and obesity. There are studies that show improvements of cognitive function with certain types of fibre.

There are some gastrointestinal diseases, like Celiac disease, which are not typically associated with the benefits of dietary fibre. However, there isn't a consensus to the specific type of fibre and dose that would be beneficial in treating most diseases.

Not all fibre is good fibre

Shockingly, not all fibre is good for you. Fibre is used as an umbrella term for indigestible plant polysaccharides, so there are many different types with varying fermentability, solubility and viscosity in the gut.

To make things more complex, the source matters too. Fibre from one plant isn't the same as fibre from another plant. Additionally, the old proverb, "too much good is not good" rings true, where overconsumption of fibre supplements can cause symptoms such as constipation, bloating and gas. This is partly due to the differences in gut microbiomes that affect the ability to metabolize fibre to produce beneficial molecules like short-chain fatty acids.

In some cases, such as irritable bowel syndrome patients, lack of microbes with the capacity to digest fibre may allow intact fibres to interact with intestinal cells directly and exert pro-inflammatory effects. Recent evidence has even shown that excessively high consumption of soluble fibres, such as inulin, a common supplement, can increase the risk of colon cancer development in an experimental animal model.

Part of a healthy diet

Dietary fibre is an important part of a healthy diet that can promote both gut and overall health. Fibre helps you feel more satisfied after meals and helps to regulate your blood sugar and cholesterol. Do your best to consume fibre as part of your diet, and when needed, take only the dose of supplements as recommended.

Prebiotics promote the growth of gut microbes that can affect gut health and immunity in the context of many different diseases, although not all fibres are created equal. While fibre won't cure illness, diet is a great addition to medicines and treatment strategies that can improve their efficacy.

(By Mark Wulczynski, McMaster University, The Conversation)

MIRRORLIGHTS

Driving with windows down, loud music may signal sleep disorder: Study

Love to drive with windows down, sip tea or coffee, or listen to loud music? You may be suffering from a sleep disorder, suggests a study by an Indian-origin researcher.

Frequently using more than three strategies, such as opening the window, drinking tea and coffee or turning up the radio, to stay alert while driving could be a sign of excessive sleepiness due to obstructive sleep apnoea (OSA), revealed the study published in ERJ Open Research.

OSA causes excessive sleepiness and people with untreated OSA are at higher risk of collisions on the road.

Understanding the signals could help spot those with OSA who may be at a higher risk of a driving incident, the researchers said. People with OSA often snore loudly, their breathing starts and stops during the night, and they may wake up several times.

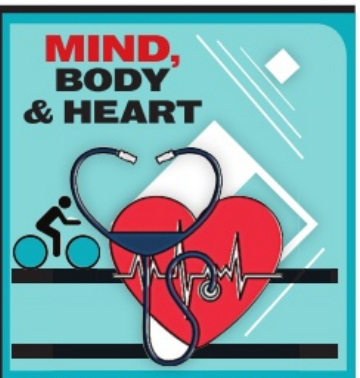
Around one in five people are estimated to have OSA but the majority of sufferers do not realise they have a problem.

"Up to one fifth of collisions on the road may be caused by fatigue or sleepiness. Many OSA patients drive either for personal or for professional reasons and there is good evidence to suggest that some patients are at increased risk of collisions on the road," said Dr Akshay Dwarakanath from St James's University Hospital, Leeds, UK.

The research involved 119 people with OSA who were not yet receiving any treatment compared to 105 other people who did not have OSA.

Researchers found that people with OSA were more likely to use strategies to stay alert at the wheel compared to those without OSA.

Nearly a third of people with OSA said they frequently used more than three coping strategies. None of the people who did not have OSA used more than three coping strategies. Researchers also found that people with OSA who used more than three strategies felt sleepier in general, more sleepy while driving and were more likely to have experienced a crash (22.8 per cent compared to 2.4 per cent of OSA patients using fewer coping strategies). IANS



All you need to know about...

Cervical cancer screening

Screening is a must
Cervical cancer is a significant health concern affecting women worldwide, but early detection through regular screenings can make a substantial difference in prevention and treatment outcomes. Understanding the importance of specific tests is crucial for women's health. Dr. Ashish Gupta', Chief Oncologist from Unique Hospital Cancer Centre, Delhi lays emphasis on the importance of cervical cancer screening in preventing and early detection of this common cause of death from cancer in women.

The PAP Test (Pap Smear)
Your gynecologist conducts a simple test for detecting cervical cancer known as Pap Smear Test. They take a smear (swab) of your cervix and the cells are examined under a microscope to look for any abnormal changes. This can detect both cancer as well as pre-cancer. If the smear tests precancerous it can be prevented from becoming cancer. If cancerous – it is usually detected in the first or the 2nd stage itself at which time it is very curable. The PAP smear tests is conducted in females starting at the age of 21 uptil the age 65 once every three years.

The HPV Test
We know that the HPV virus causes most types of cervical cancer. HPV test is a DNA test that detects the high-risk types of HPV most frequently causing cervical cancer. This test is conducted started at the age of 30 uptil 65 once every 5 years alone or in combination with the Pap test (co-test). After the age of 65 if prior tests are negative this testing is stopped.
*Note the screening recommendations are for average risk women, for those with a family history of cervical cancer, HIV or immunosuppression, you need to consult your doctor.

Kayalvizhi Arivalan, Femina

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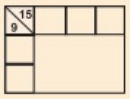
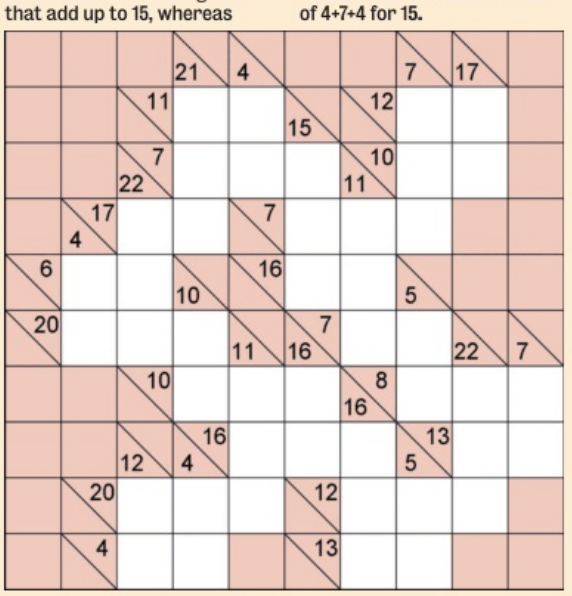
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

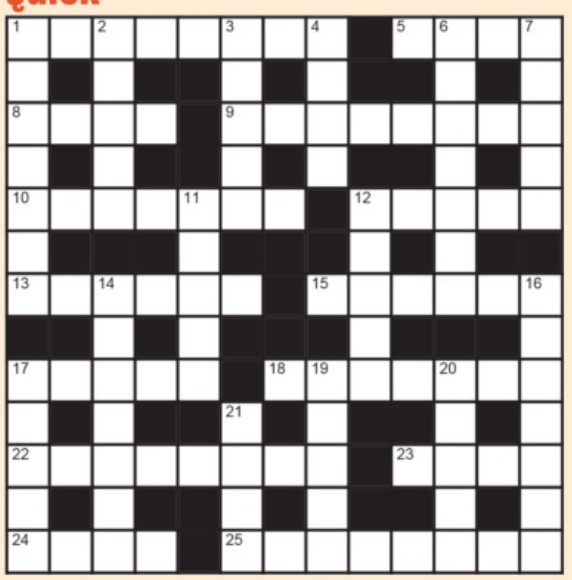


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Central American nation (8)
5 Voucher (4)
8 Contribute (4)
9 City in Saurashtra (8)
10 Faint idea (7)
12 Civilian clothes (5)
13 Attic (6)
15 Swell, undulation, wave (6)
17 Full-length (5)
18 Samuel Johnson's biographer (7)
22 Can be aped (8)
23 Hindu ascetic (4)
24 Wild goat (4)
25 Longing (8)

DOWN

1 Embracing or cuddling (7)
2 2022 Wimbledon Champion ____ Djokovic (5)
3 Man from Italian capital (5)
4 And __ __ bed: and thus ends our day? (2,2)
6 Optimistic or confident (7)
7 Ankle bones (5)
11 Not suitable (5)
12 Posts (5)
14 Lean back (7)
16 Ready and ____? (7)
17 Karnataka town whose name is associated with South Indian food (5)
19 Music drama (5)
20 Intestinal bacteria (1,4)
21 Competently (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS P

BKWZ OZKODZ LOOTKLFY ZGZTJ OTKXDZW INAY LS KOZS WKRAY.

Linemaro

You are the most charming person within 50 miles

Mindchow

Good c ommunication is just as stimulating as black coffee, and just as hard to sleep after

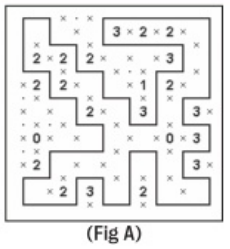
Joke of the day

Blasphemy seems to be the notion that there's a supernatural being who can make oceans, mountains, planets, whole universes· but can still be offended by something I say

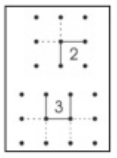
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

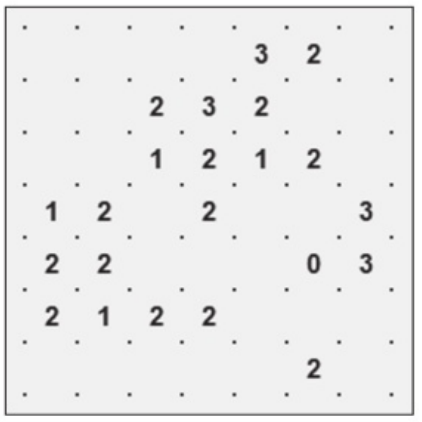


(Fig B) Not Allowed

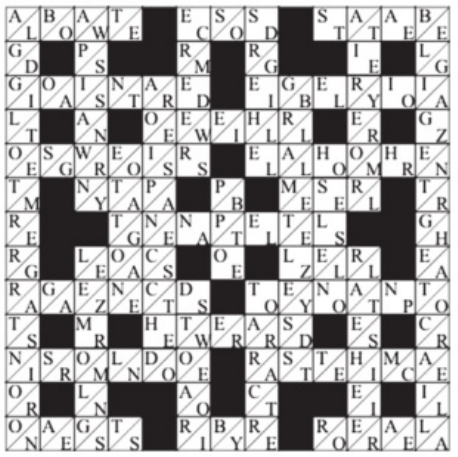
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



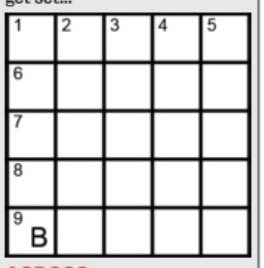
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Ragas; 6 Comte;
7 Ceria; 8 Narco;
9 L Bing

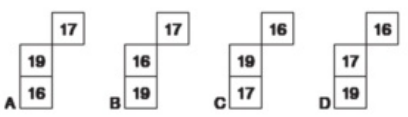
DOWN

1 Caber; 2 Largo;
3 I mica; 4 Crone;
5 Tangs

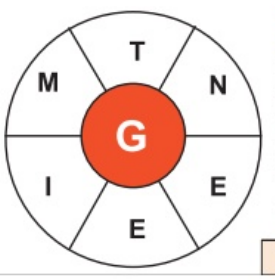
Mensapuzzle

Which section is missing?

6	10	14	18
9	13	?	21
12	?	20	24
15	?	23	27



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

SudokuChallenge

						7	4	
	9		5		6		1	
8	1	2	7					
	5				4			7
6				8				3
1			3				2	
					3	4	7	6
	8		4		1		9	
	6	5						

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 12
4 5 6 7

Medium = 9
3 5 5 6

Hard = 56
3 7 7 4

Hocusfocus

Find at least six differences in details between panels.

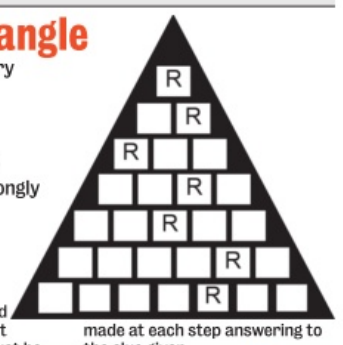
Differences: 1. Back of chair is higher. 2. Arm of chair is different. 3. Lampshade is different. 4. Earring is missing. 5. Collar is missing. 6. Foot is moved.

Riddler

If you choose to answer this question at random, what are the chances you will be correct?
A) 25% B) 50% C) 60% D) 25%

Alpha triangle

1 Radius in geometry
2 Either
3 Fish eggs
4 Leading man
5 An equine
6 The rest -not us?
7 Urges rather strongly



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

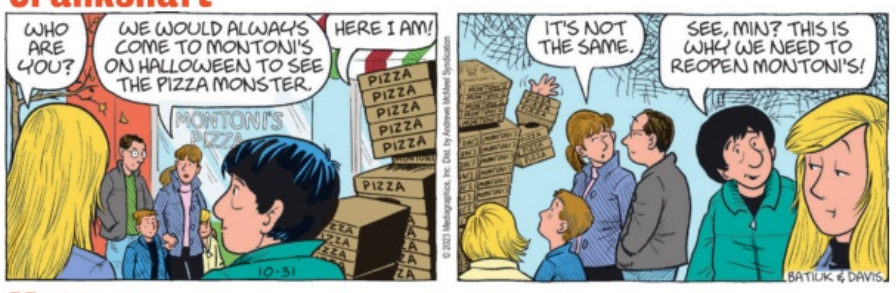
Bizarrotrip

Diamond Lil

Hart of the city

OKAY, SEVENTH GRADERS, WE NEED TO TRY OUR BEST AND BRING HOME THE GOLD!
BUT SILVER WOULDN'T BE TOO BAD EITHER! NO PRESSURE!
"NO PRESSURE"? YOU HEAR THAT? THAT'S WHY THEY DIDN'T WIN LAST YEAR!
THEY DON'T KNOW WHAT THEY WANT!
TRUE, TRUE.
SHE'S RIGHT.
HEART OF THE CITY © 2023 ABIGEMS MCHEL
@OCCOMICS.COM/HEARTOFTHECITY

Crankshaft


WHO ARE YOU?
WE WOULD ALWAYS COME TO MONTONI'S ON HALLOWEEN TO SEE THE PIZZA MONSTER.
HERE I AM!
MONTONI'S PIZZA
PIZZA
10-31
IT'S NOT THE SAME.
SEE, MIN? THIS IS WHY WE NEED TO REOPEN MONTONI'S!
BATIUK & DAVIS

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may feel some internal weakness. Some major health issues may reoccur. You may not be able to enjoy it on a domestic and professional front. Running projects may stop unexpectedly, which may make you upset. You are advised to drive safely. The elder's blessing may help you come out of the messy situation.

Taurus Apr 21 – May 20
Today, you may feel positive vibrations around you. Things are under control. You may plan to start a new business as a partnership. You may expect some long-distance travel as well. You will have faith in your spouse, which will bring harmony to your domestic life.

Gemini May 21 – Jun 21
Today is a good day for you. Investors may make good gains in their investments, which may boost their financial health. Money that was stuck may be recovered, which may increase liquidity in the business. You may become confident and gain control over hidden enemies and opponents. Singles are likely to find their match in the same field or workplace.

Cancer Jun 22 – July 23
Today, you may feel dissatisfaction; you may not be able to take on your responsibilities. Your investments may cause you some losses. You are advised to read documents carefully before putting your signature on them. A parent's health may make you upset. You may plan to reconstruct your office; it is advised to postpone renovation for some days.

Leo Jul 24 – Aug 23
Today, you may plan to migrate from your current place to another place. It is advised to think twice before taking decisions regarding migration or a change of place. You may also plan to change jobs. There will be peace in the mind. But your kids' health might make you upset. It is advised to avoid speculation in investments. Love birds shall keep patience before taking an important decision in terms of marriage.

Virgo Aug 24 – Sep 23
Today, you may have good patience. Meditation may help you increase your concentration, which may help speed up your project. Your subordinates may cooperate with you, which may help you complete the project before the deadline. You are likely to go on some short trips related to work. An influential person may help you boost your network.

Libra Sep 24 – Oct 22
Today, you may be busy with family get-togethers and social events. You may become polite with the people around you, which may increase your prestige among them. You may spend money on buying some artefacts or household stuff, which may improve your social status. You are likely to hear some good news from one of your relatives.

Scorpio Oct 23 – Nov 22
Today you may be happy and blessed by the moon; you may feel healthy, which may reflect in your way of working. You may perform well in all areas of your life, which may improve your prestige. Your concentration may be very good today, but you may make some difficult decisions in your business in terms of growth.

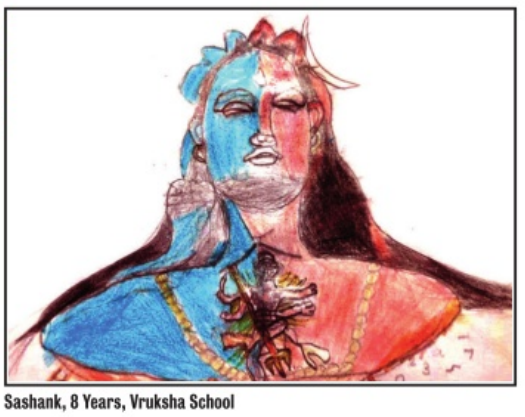
Sagittarius Nov 23 – Dec 22
Today, your vital power may slow down, and your old disease may reappear, which may make you upset. You are advised to avoid adventure tours or rash driving. You are advised to avoid any type of ligation; you may settle it out of the jury. You may also plan an overseas tour.

Capricorn Dec 23 – Jan 20
Today, you may start your day with happiness. At work, you may make quick decisions, which may increase your management skills and give you benefits in the near future. You may expect some new source of income, which may boost your savings. With the help of your business partner, you may invest some money in the business. Your bonding with the spouse may be increased, which may result in harmony in domestic life.

Aquarius Jan 21 – Feb 19
Today, you may be busy at your office. Due to mental tiredness, you may not be able to give time to your family. With the help of the elder's blessings, job seekers may get a high position in the job, and managers may get promoted to top management. You may get rewards, which may increase your status. Professionally, you may do better.

Pisces Feb 20 – Mar 20
Today you may feel some positive vibrations around you, which may show you the right path. With the help of peace in mind, your performance on every front may be noticeable. Your destiny is with you. You may plan to visit a religious place that is somehow far from your territory. Your inner senses may ask you to do some charity. You may also hear some good news in terms of grandchildren.

KIDZONE



Sashank, 8 Years, Vruksha School

Hrijuth Rajesh, 9 Years, Christ Academy

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
-5(2X+2)=-30
Divide both side
2X+2=6
2X=6-2
2X=4
X=4/2=2

QUOTE UNCODE
Some people approach every problem with an open mouth.

A	G	A	R	S
C	O	M	E	T
E	R	I	C	A
R	A	C	O	N
B	L	I	N	G

FAST FIVE
gene, genie, gent, MEETING, melting, teeing, TEEMING, tinge

BULL'S EYE

G	B	A	T	C	O	D	S	T	A	B
G	O	I	T	R	E	I	B	E	R	I	A
L	A	E	W	E	L	L	R	Z
O	G	R	E	S	S	L	A	H	O	R	E
M	Y	A	P	P	M	E	R	T
E	G	E	N	T	E	E	L	H
R	L	A	C	O	L	E	R	E
A	G	E	N	T	S	T	E	N	A	N	T
U	N	C	U	T	B	O	S	W	E	L	L
D	L	A	P	C	R
I	M	I	T	A	B	L	E	Y	O	G	I
I	N	K	L	I	N	G	M	U	F	T	I
G	A	A	O	E	S
I	B	E	X	Y	E	A	R	N	I	N	G

STRIKE OUT

N	E	S	S	R	Y	E	O	R	A	L
I	S	O	L	D	E	A	S	T	H	M	A
T	M	E	W	E	R	S	S	R
O	N	A	C	E	I
P	N	L	R	L	N
I	L	T	A	B	L	E	Y	O	G	I
U	O	O	O	O	A
H	O	N	D	U	R	A	S	C	H	I	T
N	N	E	A
A	U	M	E	R	T
S	T	A	B

QUICK

I	B	E	X	Y	E	A	R	N	I	N	G
I	N	K	L	I	N	G	M	U	F	T	I
G	A	R	R	E	T	B	I	L	L	O	W
N	A	U
E	L	I
D	L	A	P	C	R
U	N	C	U	T	B	O	S	W	E	L	L
A	G	E	N	T	S	T	E	N	A	N	T
R	L	A	C	O	L	E	R	E
E	G	E	N	T	E	E	L	H
M	Y	A	P	P	M	E	R	T
O	G	R	E	S	S	L	A	H	O	R	E
L	A	E	W	E	L	L	R	Z
G	O	I	T	R	E	I	B	E	R	I	A
N	E	S	S	R	Y	E	O	R	A	L

MENSA PUZZLE
B: looking across, lines progress +4, looking down, columns progress +3

RIDDLER
0%. If you were to choose 25%, that would be wrong, because there are two 25% answers, giving you a probability of 50%, because the answer 50% is only offered once as an option. It's a probability paradox!

SUDOKU

5	3	6	1	2	8	7	4	9
7	9	4	5	3	6	2	1	8
8	1	2	7	4	9	3	6	5
2	5	3	6	1	4	9	8	7
6	4	9	2	8	7	1	5	3
1	7	8	3	9	5	6	2	4
9	2	1	8	5	3	4	7	6
3	8	7	4	6	1	5	9	2
4	6	5	9	7	2	8	3	1

ALPHA TRIANGLE
R, Or, Roe, Hero, Horse, Others, Exhorts.

GO FIGURE
Easy
4 + 6 − 5 + 7 = 12
Medium
3 + 5 − 5 + 6 = 9
Hard
4 − 3 + 7 x 7 = 56

LOOP

KAKURO

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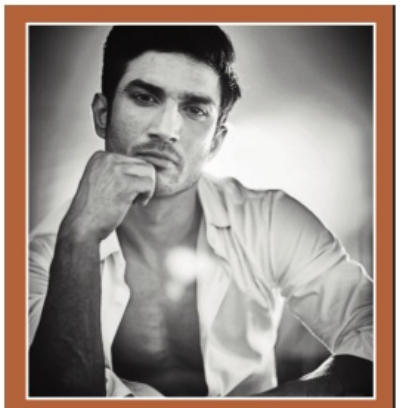
 # New chairman for Busan film fest
South Korean filmmaker Park Kwang-su, has been nominated as the next chairman of the Busan International Film Festival



Alive, in every memory

Actor Rhea Chakraborty remembered the late actor and her ex-boyfriend Sushant Singh Rajput on his birth anniversary which was on Sunday.

Taking to Instagram, Rhea shared a picture of the 'Kai Po Che' actor on his stories and captioned it with a red heart emoticon. Rhea, who was rumoured to be in a relationship with Sushant before his death in 2020, fell in the glare of the law enforcers after the late actor's father filed an FIR against her.

Accusing her of abetment to suicide and money laundering, Sushant's father demanded legal action against Rhea.

Sushant was found dead at his Bandra apartment on June 14, 2020. Post demise, his Patna residence was turned into his memorial with the late actor's telescope, books, guitar and other personal things. **–ANI**

Love for movies

As Alia Bhatt receives award in Riyadh, she talks about her deep love for cinema

Actor Alia Bhatt on Saturday attended an international award ceremony in Riyadh, Saudi Arabia.

Alia received the 'Honorary Award' at the Joy Awards 2024 in Saudi Arabia, for her extraordinary contribution to the field of cinema.

Several pictures and videos of Alia from this year's Joy Awards went viral on social media.

The 'Jigra' actor, who got the Honorary Entertainment Makers Award, arrived at the event wearing an Ajrakh print saree with an off-the-shoulder top.

She kept her hair loosely tied and completed her look with golden earrings.

Superstar Salman Khan also attended an international award ceremony in Riyadh, Saudi Arabia.

This is the second time that Salman has been invited to the Joy Awards.

Several pictures and videos of Salman from this year's Joy Awards went viral on social media.

In one of the pics, Salman could be seen posing with the 'Hannibal' actor Anthony Hopkins.

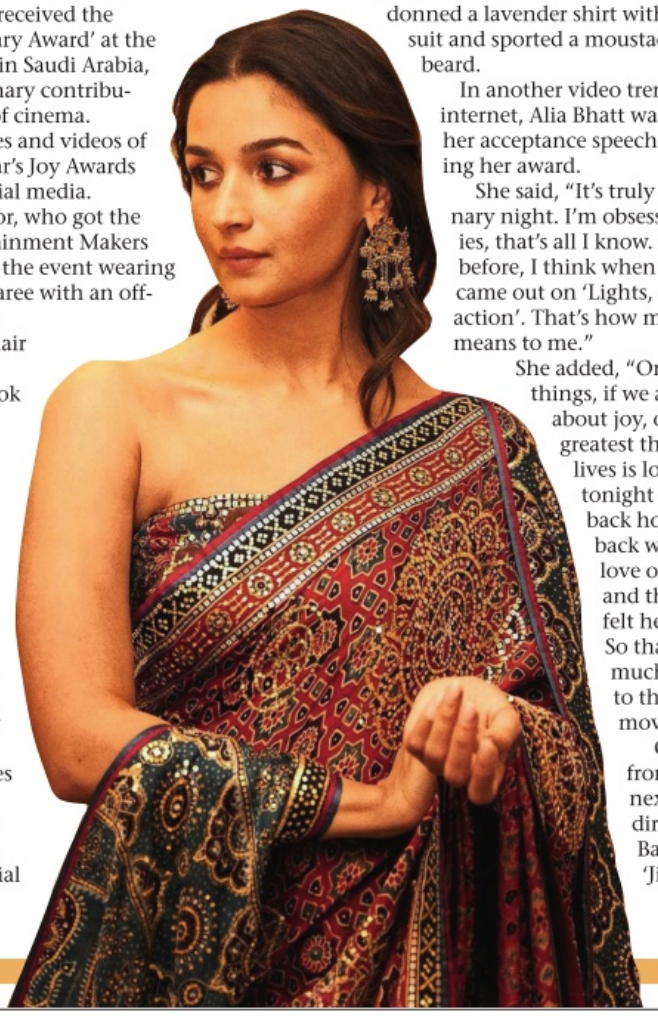
The 'Kick' actor looked handsome as he donned a lavender shirt with a violet-grey suit and sported a moustache and beard.

In another video trending on the internet, Alia Bhatt was seen giving her acceptance speech after receiving her award.

She said, "It's truly an extraordinary night. I'm obsessed with movies, that's all I know. I've said this before, I think when I was born, I came out on 'Lights, camera, action'. That's how much cinema means to me."

She added, "One of the things, if we are talking about joy, one of the greatest things in our lives is love. So tonight when I go back home, I take back with me the love of the movies and the love that I felt here in Riyadh. So thank you so much, and here's to the magic of movies."

On the work front, Alia will be next seen in director Vasan Bala's next 'Jigra'.**–ANI**



Rashmika grateful

Actress Rashmika Mandanna has reacted after the main accused, who created her deepfake video, was arrested.

Th actress took to X (formerly Twitter) and wrote: "Expressing my heartfelt gratitude to @DCP_IFSO. Thank you for apprehending those responsible. Feeling truly grateful for the community that embraces me with love, support and shields me.

"Girls and boys - if your image is used or morphed anywhere without your consent. It is wrong! And I hope this is a reminder that you are surrounded by people who will support you and action will be taken!"

The main accused behind Rashmika's deepfake video, which went viral on social media platforms, was arrested from Andhra Pradesh by a Delhi Police team, an official said on Saturday.

The accused, identified as Eemani Naveen, 24, a resident of Andhra Pradesh's Guntur district, was responsible for creating, uploading and circulating the deepfake video through various social media platforms. **–IANS**

Kiss miss

Actor Jacob Elordi hosted the latest episode of 'Saturday Night Live'.

The episode also saw Renee Rapp as the musical guest. During Jacob's opening monologue, he first mentioned 'Saltburn', the current buzzy movie that made headlines for its graphic sex scenes, reports Variety.

"You might know me from 'Saltburn'. Not from seeing the film, just from seeing the TikToks," he began, cutting to a scene when his co-star, Barry Keoghan, has sex with a grave.

"I was the one in the grave. If you saw the movie, thank you. If you saw the movie with your parents, I'm sorry. If you saw the movie with your girlfriend, you're welcome."

As per Variety, he then went to fan questions, first being asked who his favourite Elvis is, young or old.

He responded, " 'Lilo and Stitch' Elvis." (The actor, who portrays the icon in 'Priscilla', recently admitted he was only really familiar with Elvis because of the 2002 animated film).

After one woman was called on and answered, "No question, just want to look at you", the next remark came from cast member Sarah Sherman, who said she thought his film was "absolutely gross".

When he said that 'Saltburn' isn't for anyone, she replied, "What the hell is a 'Saltburn'? I'm talking about 'The Kissing Booth'. Two people kissing on the mouth… ew!"

After a loud applause, Elordi laughed and admitted, "Yeah, you know what, kissing is kind of weird when you think about it". **–IANS**

SANDALWOOD SHOTS
Y MAHESWARA REDDY

Song released

A song from Just Pass was released on Thursday. The song Timige timene dushman is written by lyricist Kaviraj and music is by Harshavardhan Raj.

Just Pass is directed by KM Raghu who is known for movies such as Tharle Village, Parasanga, and Doddhatti Boregowda.

Raghu said the song and trailer of the movie have received good feedback. "I am happy to have Pradeep Eshwar and Vishveshwar Bhat as the guests at this event. The movie is about students who get just passing marks in high schools and PU colleges (35 out of 100). The movie has a message to society, especially to backbenchers," said Raghu.

Almost done

The title First Night with Devva has created a lot of curiosity among moviegoers. The movie is helmed by cinematographer-cum-director PVR Swamy from Gogaaradoddi. It is his fourth movie as a director and 43rd as a cinematographer.

"I am happy with the cooperation of Pratham who is also known as Olle Huduga. With the shooting of the climax for three days at RS Studio where a huge set was constructed, and a 10-day shooting at Uppi Resort owned by Real Star Upendra, the talkie portion of the movie is done. As of now, dubbing is in progress. We are planning to go abroad for a song sequence," said PVR Swamy.

The director said the movie is a mix of horror and comedy and its three songs . Pratham plays the lead apart from writing the script for this movie.